

CLAIMS

1. A microwavable packed frozen sushi product comprising:

 a vacuumed and hermetically sealed flexible microwave-safe plastic packing bag;

5 an open-topped plastic box placed in said packing bag; and

 a sushi product placed in said box;

 a space being formed in said packing bag around said sushi product,

 an inner surface of said packing bag being in contact with an upper surface of said sushi product,

10 said packing bag, said box and said sushi product being frozen together in a unified form.

2. The microwavable packed frozen sushi product according to claim 1, wherein the box is a box-, shallow cylinder-, tray- or dish-like container having a rectangular (including square), circular or oval shape when viewed in plan.

15 3. The microwavable packed frozen sushi product according to claim 1, wherein the microwave-safe plastic packing bag is made of a laminated film composed of a nylon film and a polypropylene film having a thickness larger than that of the nylon film.

20 4. The microwavable packed frozen sushi product according to claim 1, wherein in the microwave-safe plastic packing bag, the space present around the sushi product has a volume 1 to 0.1 times that of the sushi product.

5. A method for preparing a microwavable packed frozen sushi product, said method comprising:

 disposing a sushi material or materials on a top of a shaped rice section

or in the shaped rice section to prepare a sushi product;

placing the prepared sushi product in a plastic box;

placing said plastic box containing the sushi product in a flexible microwave-safe plastic packing bag;

5 vacuuming and hermetically sealing said packing bag to prepare a vacuum-packed sushi product; and

 cooling said vacuum-packed sushi product with a refrigerant cooled to a predetermined freezing temperature to freeze said packing bag, said box and the sushi product, which are constituents of said packed sushi product, together

10 in a unified form.

6. A method for preparing the microwavable packed frozen sushi product according to claim 5, wherein the box is a box-, shallow cylinder-, tray- or dish-like container having a rectangular (including square), circular or oval shape when viewed in plan.

15 7. A method for cooking the microwavable packed frozen sushi product of any one of claims 1 to 4 by means of a microwave oven, said method comprising:

 applying heat to the packed frozen sushi product of any one of claims 1 to 4 by microwave heating to thereby bring a temperature of at least a part of an exposed longitudinal end portion of the shaped rice section to 30°C or higher,

20 followed by termination of the microwave heating; and

 allowing the resulting packed sushi product to stand for a period of 15 minutes to 1 hour without unpacking to allow water vapor emanating at least from the shaped rice section to flow in a space formed between the sushi product and the box, thereby steaming the shaped rice section and the sushi

material or materials to bring temperatures thereof between 15°C and 30°C.

8. A method for cooking the microwavable packed frozen sushi product of any one of claims 1 to 3 by means of a microwave oven, said method comprising:

applying heat to the packed frozen sushi product of any one of claims 1

5 to 4 by microwave heating to thereby bring a temperature of an exposed longitudinal end of the shaped rice section to 30°C or higher and bring a temperature of an exposed longitudinal end of the sushi material or materials to 20°C or higher, followed by termination of the microwave heating; and

allowing the resulting packed sushi product to stand for a period of 15

10 minutes to 1 hour without unpacking to allow water vapor emanating at least from the shaped rice section to flow in a space formed between the sushi product and the box, thereby steaming the shaped rice section and the sushi material or materials to bring temperatures of the shaped rice section and the sushi material or materials between 15°C and 30°C.

15 9. A method for cooking the microwavable packed frozen sushi product of any one of claims 1 to 3 by means of a microwave oven, said method comprising:

applying heat to the packed frozen sushi product of any one of claims 1

to 4 by microwave heating to thereby bring a temperature of an exposed longitudinal end of the shaped rice section to 30°C or higher and bring a temperature of an exposed longitudinal end of the sushi material or materials to 20°C or higher, followed by termination of the microwave heating; and

allowing the resulting packed sushi product to stand for a period of 15

minutes to 1 hour without unpacking to allow water vapor emanating at least from the shaped rice section to flow in a space formed between the sushi

product and the box, thereby steaming the shaped rice section and the sushi material or materials to bring temperatures of the shaped rice section and the sushi material or materials between 15°C and 25°C.